

30th World Summit on Positive Psychology, Mindfulness, Psychotherapy and Philosophy

March 18-19, 2019 | Chicago, USA

POSTER PRESENTATIONS

CLINICAL AND EXPERIMENTAL PSYCHOLOGY 2019, VOLUME 5 | DOI: 10.4172/2471-2701-C1-003

The effect of single-session mindful loving-kindness-compassion meditation on dysfunctional expression and rumination of anger

Lee Hyun Sook

Duksung Women's University,
South Korea

The purpose of this study was to test the effect of mindfulness-compassion meditation on dysfunctional expression and rumination of anger. Using the State-Trait Anger Expression Inventory-Korean version (STAXI-K), 30 university students were selected based on the descending order of scores. The students were divided into treatment group and control group with 15 students in each group. A single-session

mindfulness-compassion meditation was administered to the treatment group and with psychological education for anger modulation to the control group. In both, the groups, the state of anger and anger expression were measured immediately before and after the treatment, and 24 hours after the experimental session, anger rumination was evaluated. The treatment group showed higher present-moment awareness, increased self-compassion towards acquaintances and general people than the control group. As the main outcome, the treatment group showed improvement in anger control and the reduction in the state of anger. In addition to the increased modulation of present anger, anger memory rumination and cause rumination were also

blocked more effectively in the treatment group than in the control group. The results revealed that mindfulness-compassion meditation improved the functional expression of anger and discontinued the chain of anger rumination through changes in mindfulness and self-compassion. In the present study, we have also discussed the implications and limitations of this study and the possible future research issues.

Biography

Lee Hyun Sook was born in 1975 in Incheon of South Korea. She was graduated from Seoul Women University (Majoring in Social Welfare) in 2002 and Graduated from Hanyang University (Majoring in counseling and clinical psychology) in 2017. She completed a Ph.D. program from Duksung Women University (Majoring in clinical Health psychology) in 2018 and going with Meditation training experience from 2008-2018.

hyunsook75@naver.com